WHAT IS CLAIMED IS:

1. A magnetoresistive element comprising a ferromagnetic double tunnel junction having a stacked structure of a first antiferromagnetic layer/a first ferromagnetic layer/a first dielectric layer/a second ferromagnetic layer/a second dielectric layer/a third ferromagnetic layer/a second antiferromagnetic layer; and

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the second ferromagnetic layer consisting of

a Co-based alloy or a three-layered film of a Co-based alloy/a Ni-Fe alloy/a Co-based alloy.

- 2. The magnetoresistive element according to claim 1, wherein a thickness of the Co-based alloy or the three-layered film of the Co-based alloy/the Ni-Fe alloy/the Co-based alloy is 1 to 5 nm.
- 3. A magnetic memory device, wherein memory cells each comprising the magnetoresistive element according to claim 1 and a transistor or a diode are arrayed.
- 4. The magnetic memory device according to claim 3, wherein at least the uppermost antiferromagnetic layer of the magnetoresistive element constitutes a part of a bit line.
- 5. A magnetoresistive element comprising a

 25 ferromagnetic double tunnel junction having a stacked structure of a first ferromagnetic layer/a first dielectric layer/a second ferromagnetic layer/a first

antiferromagnetic layer/a third dielectric layer/a second dielectric layer/a fourth ferromagnetic layer; and

the first and fourth ferromagnetic layers consisting of a Co-based alloy or a three-layered film of a Co-based alloy/a Ni-Fe alloy/a Co-based alloy.

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- 6. The magnetoresistive element according to claim 5, wherein a thickness of the Co-based alloy or the three-layered film of the Co-based alloy/the Ni-Fe alloy/the Co-based alloy is 1 to 5 nm.
- 7. A magnetic memory device, wherein memory cells each comprising the magnetoresistive element according to claim 5 and a transistor or a diode are arrayed.
- 8. A magnetoresistive element comprising a

 ferromagnetic double tunnel junction having a stacked

 structure of a first antiferromagnetic layer/a first

 ferromagnetic layer/a first dielectric layer/a second

 ferromagnetic layer/a second antiferromagnetic layer/a

 third ferromagnetic layer/a second dielectric layer/a

 fourth ferromagnetic layer/a third antiferromagnetic

 layer; and

the first and fourth ferromagnetic layers or the second and third ferromagnetic layers consisting of a Co-based alloy or a three-layered film of a Co-based alloy/a Ni-Fe alloy/a Co-based alloy.

9. The magnetoresistive element according to claim 8, wherein a thickness of the Co-based alloy or

the three-layered film of the Co-based alloy/the Ni-Fe alloy/the Co-based alloy is 1 to 5 nm.

- 10. A magnetic memory device, wherein memory cells each comprising the magnetoresistive element according to claim 8 and a transistor or a diode are arrayed.
- 11. A magnetic memory device according to claim 10, wherein at least the uppermost antiferromagnetic layer of the magnetoresistive element constitutes a part of a bit line.

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12. A magnetoresistive element comprising a ferromagnetic double tunnel junction having a stacked structure of a first ferromagnetic layer/a first dielectric layer/a second ferromagnetic layer/a first nonmagnetic layer/a third ferromagnetic layer/a second nonmagnetic layer/a fourth ferromagnetic layer/a second dielectric layer/a fifth ferromagnetic layer;

the second, third and fourth ferromagnetic layers adjacent to each other being antiferromagnetically coupled through the nonmagnetic layers; and

- the first and fifth ferromagnetic layers

 consisting of a Co-based alloy or a three-layered film

 of a Co-based alloy/a Ni-Fe alloy/a Co-based alloy.
- 13. The magnetoresistive element according to claim 12, wherein a thickness of the Co-based alloy or the three-layered film of the Co-based alloy/the Ni-Fe alloy/the Co-based alloy is 1 to 5 nm.
 - 14. A magnetic memory device, wherein memory cells

each comprising the magnetoresistive element according to claim 12 and a transistor or a diode are arrayed.

- 15. A magnetic memory device comprising a first magnetization pinned layer whose magnetization direction is pinned, a first dielectric layer, a magnetic recording layer whose magnetization direction is reversible, a second dielectric layer, and a second magnetization pinned layer whose magnetization direction is pinned;
- the magnetic recording layer comprising a threelayered film of a magnetic layer, a nonmagnetic layer and a magnetic layer, the two magnetic layers constituting the three-layered film being antiferromagnetically coupled; and

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- magnetization directions of the two magnetization pinned layers in regions in contact with the dielectric layer being substantially anti-parallel to each other.
- 16. A method for writing information to the magnetic memory device according to claim 15,

 20 comprising steps of: supplying the magnetic recording layer with a spin current through the first or second magnetization pinned layer; and flowing a current in a wire for writing so as to apply a current magnetic field to the magnetic recording layer.
- 25 17. A magnetic memory device comprising a first magnetization pinned layer whose magnetization direction is pinned, a first dielectric layer, a

magnetic recording layer whose magnetization direction is reversible, a second dielectric layer, and a second magnetization pinned layer whose magnetization direction is pinned;

the magnetic recording layer comprising a threelayered film of a magnetic layer, a nonmagnetic layer and a magnetic layer, the two magnetic layers constituting the three-layered film being antiferromagnetically coupled;

the second magnetization pinned layer comprising a three-layered film of a magnetic layer, a nonmagnetic layer and a magnetic layer, the two magnetic layers constituting the three-layered film being antiferromagnetically coupled;

a length of the first magnetization pinned layer being formed longer than those of the second magnetization pinned layer and the magnetic recording layer; and

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magnetization directions of the two magnetization pinned layers in regions in contact with the dielectric layer being substantially anti-parallel to each other.

18. A magnetoresistive element comprising a ferromagnetic double tunnel junction having a stacked structure of a first antiferromagnetic layer/a first ferromagnetic layer/a first tunnel insulator/a second ferromagnetic layer/a first nonmagnetic layer/a third ferromagnetic layer/a second nonmagnetic layer/a fourth

ferromagnetic layer/a second tunnel insulator/a fifth ferromagnetic layer/a second antiferromagnetic layer;

the second and third ferromagnetic layers being antiferromagnetically coupled through a first nonmagnetic layer; and

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the third and fourth ferromagnetic layers being antiferromagnetically coupled through a second nonmagnetic layer.

19. A magnetic memory device, wherein memory cells
10 each comprising the magnetoresistive element according
to claim 18 and a transistor or a diode are arrayed.